



## Sport Guide for Parents

### What to look for in a sports program...

Trained and certified coaches and officials  
Emphasis on learning skills through game like activities rather than too many scheduled games  
Activities and competitions modified to match ability levels  
Focus on action, skill development and fun for all participants and not just a few of the most talented  
Safe and well maintained playing area  
A positive atmosphere where children are actively learning and having fun  
Fair play principles are in effect and supported  
Reasonable time demands  
RESPECT at all levels of the game.

### Why Children Play

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#### Children play sports to...

- Have fun
- Improve Skills
- Feel part of a team
- To be with friends
- Learn new skills
- Experience success
- Stay in shape- exercise

Consistently in surveys, winning is usually not in the top seven reasons.

### Parents Expectation of Sport

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- To build self-esteem
- To have fun
- To develop skills
- To increase fitness
- To make friends
- To learn positive values



The focus of sport is on meeting children's needs! Not every team or athlete can win the contest and not every child can get the most points. However, every child can have fun, feel safe, respected, included, recognized and supported!

# The Right Sport for your child!

Success of your child's sporting experience depends upon many things, including the quality of the program and the quality of the leader. Before enrolling your child in a sport program, consider the following:

- Is the sport suitable for your child?
- Does it meet the needs of "their" needs, while providing a balance?
- Is the sport safe?
- Does it fit your schedule?
- Can I afford the costs involved with their involvement in the sport program?

Children who are regularly active are less susceptible to stress, perform as well or better in school, exhibit positive attitudes about themselves, are less aggressive and play better with other children

## WHAT KIDS WANT ... to keep it fun!!



- K** eep it positive
- I** nstil laughter and humour
- D** evelop team spirit
- S** tep into their shoes
  
- I** nvolve yourself
- N** otice any and all progress
  
- S** how excitement and enthusiasm
- P** raise specifics
- O** ffer a good example
- R** emember to have fun
- T** each skills
- S** et reasonable expectations

Children need a minimum of 30 minutes of physical activity every day to improve fitness and health levels

## 10 Ways for Parents to Help the Coach

1. Provide your child with proper nutrition before practices and games.
2. Deliver your child to practices and games on time.
3. Call the coach if your child is going to miss practice or a competition.
4. Ensure your child is getting proper rest.
5. Don't shout instructions to your child during practice or competition.
6. Be Positive!
7. Support the coach. If you have questions, make an appointment.
8. Focus on effort, not winning.
9. Communicate with the coach, but not while he/she is working with the participants.
10. Ensure your child thanks the coach for his/her effort and commitment.



  
**Children who live with criticism,  
learn to condemn**  
**Children who live with hostility,  
learn to fight**  
**Children who live with fear,  
learn to be apprehensive**  
**Children who live with encouragement,  
learn to be confident**  
**Children who live with praise,  
learn to be appreciative**  
**Children who live with approval,  
learn to like themselves**  
**Children who live with recognition,  
learn to have a goal**  
**Children who live with honesty value  
trust**  
 (From Motivating Kids Through Play. Bunker, Johnson, Parker; 1982)  


# FAIR PLAY CODE FOR PARENTS

(From *Fair Play - It's Your Call*)

I will not force my child to participate in sports

I will remember that my child participates for his/her enjoyment, not for mine

I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility and violence

I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event

I will make my child feel like a winner every time by offering praise for competing fairly and trying hard

I will never ridicule or yell at my child for making a mistake or losing a competition

I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents

I will never question the officials' judgement or honesty in public

I will support all efforts to remove verbal and physical abuse from children's sport events

I will respect and show appreciation for the coaches who give their time so my child can play

## A CHILD'S COMMANDMENTS TO PARENTS

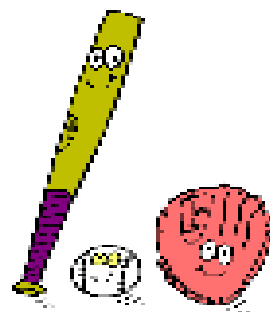
My hands are small; please don't expect perfection whenever I make a bed, draw a picture or throw a ball. My legs are short, please slow down so I can keep up.

My eyes have not seen the world as yours have. Please let me explore safely; don't restrict me unnecessarily.

My feelings are tender; please be sensitive to my needs. Don't nag me all day long. You wouldn't want to be nagged for your inquisitiveness.

I need your encouragement and praise to grow. Please go easy on criticism, remember, you can criticize the things I do without criticizing me.

Please don't do things over for me. Somehow that makes me feel that my efforts didn't quite measure up to your expectations. I know it's hard, but please don't try to compare me with my brother or sister.



**S**port programs that minimize competition, de-emphasize winning, and emphasize motor skill development are the most appropriate for children under 12 years of age.

## West Prince Sports Council

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President: Sharon Horne

Vice President: Rob Henderson

Secretary-Treasurer: Amy Duncan

### Directors:

Nancy MacMillan

Patti Sweet

Dana Harris

Telly Alyward

Pete Larter

Keith Tanton

Jo-anne Wallace

Glen Campbell

We're on the web

[www.wpsports.net](http://www.wpsports.net)

# Membership!

*Want to stay in touch with what's happening with sports and physical activity in West Prince... Why not become a member! The Council is currently encouraging individuals 18 and over to become members. Fees for membership are \$5.00 for individuals and \$25.00 for either associate or group members. All first time members receive a free West Prince Sports Council "Keep Moving" tee-shirt. Your membership also entitles you to regular newsletters, two member gatherings per year, and an opportunity to stay connected and have input into the sport and physical activity community of West Prince and beyond... Complete below and mail to West Prince Sports Council, P O Box 8 0 'Leary, PE , C 0 B 1 V 0 or check out our*

## Contacts

Looking for sport, physical activity and recreation programs and contact information, call your local Recreation Director:

Robin Enman- Lennox Island 831-2779

Tylan Robinson- O'Leary 859-2888

Jeff Ellsworth- Alberton 853-3383

Amy Duncan- Tignish 882-2476 or

Jo-anne Wallace, Regional Coordinator

Sport and Recreation, Dept. of Community and

Cultural Affairs. 859-8861,

[jpwallace@gov.pe.ca](mailto:jpwallace@gov.pe.ca)

## West Prince Sports Council Membership Application

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Sport Involvement: *(check all that apply)*

Player  Coach  Volunteer  Parent  Official

Fan  Other

Member type: Individual  Associate or Group

Fee enclosed: \_\_\_\_\_

Note: Cheques may be made payable to West Prince Sports Council

**KidSport and JumpStart Programs help children and families overcome financial barriers which prevent or limit their participation in organized sport and recreation programs. Contact your local recreation department or Sport PEI at 1-800-247-6712 for more information or application forms.**

## West Prince Sports Council Vision

*"West Prince will be a healthy active community"*

### Mission

*"The West Prince Sport Council will encourage all citizens to participate in, and benefit from, sport and physical activity, at all levels, within a positive supportive environment."*

### Goals

- 1. To increase leadership opportunities for parents and sport volunteers within West Prince;*
- 2. To increase quality opportunities for participation by children in sport and physical activities in West Prince;*
- 3. To enhance and support the coaching community in West Prince;*
- 4. To increase the awareness and benefits of sport and physical activity opportunities in West Prince;*
- 5. To facilitate co-ordination and communication in the sport and physical activity community;*
- 6. To provide opportunities for recognition in the sport and physical activity community.*
- 7. To advocate for sport and physical activity opportunities in West Prince*
- 8. To support the development of elite level athletes, coaches and officials*
- 9. To encourage the hosting of sporting events in West Prince*